**Tamara J. Zee,** M.S., E-RYT, International Certified Yoga Therapist

**MISSION STATEMENT**

**Tammy Zee’s 200 hour Yoga Teacher Training** is a registered yoga school with Yoga Alliance and is based in Hatha Yoga, Vinyasa Yoga and alignment. The main focus of Tammy Zee’s Yoga Teacher Training is helping trainees learn how to safely lead yoga classes that are accessible to all populations with different levels of ability. This yoga teacher training will give the trainees the knowledge and skills needed to be a professional and compassionate yoga teacher. This training is for those seeking to lead yoga classes as a profession or to deepen their current personal practice. This yoga training meets one weekend per month over a 10 month period. Trainings are held on Saturdays and Sundays from 8:00 a.m. until 6:00 p. m.

**Completion/Graduation**

At the completion of Tammy Zee’s 200 hour Yoga Teacher Training course, trainees will be able to design and lead a safe and effective Hatha and or Vinyasa yoga class to all levels of ability ranging from the beginner to advanced participant. Yoga trainees will have the skills and knowledge to design and lead yoga classes for children, pre-natal, seniors, teenagers and advanced participants. Trainees will be knowledgeable in the history and philosophy of yoga, anatomy and physiology, and technique of asanas. Trainees will be knowledgeable in sublte energy systems such as pranayama breathing and chakras. Trainees will have the knowledge on presentation skills and the business of yoga. Trainees will be equipped to design and lead basic meditation and mudras to clients. Trainees will know how to use yoga equipment such as straps, blocks, bolsters, and blankets to enhance their teaching and better help the participants achieve benefits.

**SCHOOL CONTACT / LOCATION INFORMATION**

Tammy Z’s Yoga School @ Om Yoga Studio, Lead Instructor, Tammy Zee, M.S., E-RYT

Location: 1288 Rudy Street, Suite 102, Onalaska, WI. 55650

Phone: 608-386-1217

Email: [dztz@acegroup.cc](mailto:dztz@acegroup.cc) Website: www.tammyzyoga.com

**HISTORY**

Tammy Zee began teaching yoga in 1996. In 2000, she opened her own yoga studio in La Crosse, Wisconsin. In 2009, Tammy completed the Feel Your Best Yoga 200 hour Yoga Teacher Training program with Debra Mundt, in Mequon, Wisconsin. Tammy is approved by Yoga Alliance as a teacher since 2012 and school in 2014. Tammy has trained with Seane Corn, Rodney Yee, Baron Babtist and many other yogis. Tammy has her 500 hour Yoga Teacher Training through YogaFit and is a Licensed Yoga Therapist through the International Yoga Certified Therapist.

**BIOGRAPHY** of Owner/Instructor

Tammy Zee is a licensed Experienced 500 Hour Yoga Teacher and is registered and accredited through Yoga Alliance. Tammy is the owner and a teacher at Tammy Z’s Yoga Studio in La Crosse, Wisconsin, since 1998. Tammy received her master’s degree in Exercise Sport Science/Human Performance through the University of Wisconsin – La Crosse in 1995. Since 1989, Tammy is the Group Exercise Director at the University of Wisconsin – La Crosse. Over the past 15 years, Tammy has been a fitness presenter for the American Aerobic Association – International Sports Medicine Association. Tammy also presents for the American Council on Exercise in preparing individuals for the examination. Over the past 30 years, Tammy has passionately shared her knowledge of wellness and yoga with many instructors. Tammy is a Wellness Today instructor at Western Technical College in La Crosse, Wisconsin. Tammy and her husband Dennis just celebrated their 37th anniversary and the love of their lives in their daughter Olivia.

**PHILOSOPHY**

Tammy’s philosophy is “yoga for everybody.” Classes offered at Om Yoga Studio are: Hatha yoga, Pre-Natal yoga, Restorative yoga, and Vinyasa Flow. Her studio is a warm and welcoming to all levels of ability. Tammy’s approach to life has always been to treat everyone like a guest in her home. Down to earth and knowledgeable, Tammy’s passion and enthusiasm is to help others on their yoga journey. Tammy offers ten group classes per week as well as individual yoga training sessions.

**FACILITIES**

Tammy Z’s Yoga Yoga School, which is located in Om Yoga Studio of Onalaska, Wisconsin is a friendly, beautiful all-inclusive yoga studio. The yoga studio has wooden floors, fits 20 participants and is equipped with straps, blocks, bolsters, wedges, meditation cushions, wall space, chairs, foam rollers, pillows, blankets and eye pillows. There are 8 restrooms on the main level~ 4 for women and 4 for men. There are 2 handicapped accessible bathrooms. Om Yoga Studio has free parking. There are many restaurants, coffee/tea houses, gas stations and hotels just a few blocks away.

**HOTEL INFORMATION**

***Holiday Inn Hotel & Suites:*** *(4 blocks away): 608-784-4444*

***Marriott Hotels, Resorts & Suites:*** *(4 blocks away): 608-782-1000*

**HOUSING**

Tammy Zee’s Yoga is not responsible for housing but recommendations will be made.

**PROGRAM DESCRPTION**

Tammy Z’s 200/300 hour Yoga Teacher Training is a Registered Yoga School approved and accredited by Yoga Alliance. Yoga Alliance requires each yoga trainee to complete 300 hours. Of the 300 hours, 20 hours are non-contact hours. Trainees will meet with E-RYT, Tammy Zee for the entire 280 hours. Within this time frame, trainees will learn proper technique, training methods, anatomy and physiology, ethics and the business of yoga. Both written and practical tests will be given at each training weekend. For the remaining 20 hours, there will be homework assignments, a final project, journal, and 8 hours of volunteer teaching at a yoga facility of the trainee’s choice. At the completion of Tammy Z’s Yoga Teacher Training and graduates have complete all the requirements of Tammy Z’s 200 hour Yoga Teacher Training, such as contact hours, non-contact hours, homework, written and practical exams, assignments, projects, journaling, and volunteer hours, will receive a certificate of completion. Following graduation, each trainee will then have the option of registering with Yoga Alliance.

\***Technique Training** ~ 115 hours: Learning alignment and techniques of asanas and pranayama breathing. Learn how to utilize props to assist or deepen a pose.

\***Teaching Methodology** ~25 hours: Styles of teaching, Qualities of a yoga teacher, Student learning process, Presentation and Communication skills.

\***Anatomy & Physiology** ~20 hours: Human anatomy and physiology of muscles and bones, 13 systems of the body and organs or the body, Benefits of yoga postures, Contraindications, and Chakras.

\***Ethics for Yoga Teachers, Yoga Philosophy, Lifestyle** ~50 hours: Study of Yogic Texts and Yoga philosophy, Ethics of a yoga teacher and their relationship with their students and the community.

\***Practicum** ~ 20 hours: Observing other teachers teaching, Evaluating, Practice teaching.

\***Elective** ~ 70 hours: A combination of the above topics as decided by lead trainer Tammy Zee.

**CHANGES to the CATALOG**

Tammy Zee and Tammy Zee’s Yoga Teacher Training School reserves the right to make changes to her 200 hour yoga teacher training and catalog if need be. Tuition will not change within a 200 hour training period, but may change prior to a new 200 hour session.

**EMPLOYMENT ASSISTANCE**

Tammy Zee’s Yoga does not offer employment.

**SCHOOL POLICIES**

**Admission Policies and Entrance Requirements**

All applicants must be 18 years of age.

All applicants must have a high school diploma or GED: General Education Diploma.

Applicants will be interviewed via in person, Skype, or phone prior to the first training session

All applicants will be interviewed prior to the first training session. Please keep in mind that after the application has been received and the interview has been completed , that is when trainees will find out if they are accepted into the program or not. Tammy Zee has the right to decline any or all applicants.

Applicants will be notified via phone call and email regarding their acceptance into the program.

Applications are due one week prior to the start date of the training.

**APPLICATION POLICIES**

All applicants must submit via online a written application and pay a $100 applications fee. The $100 application fee will be put towards the full tuition fee. All applicants must pay for each weekend intensive in full before attending the training or pay in full for the entire 200 hour yoga teacher training up front prior to the first weekend intensive or they will not be admitted into the program.

Applicants can either pay online or mail a check to Tammy Z’s Yoga School (see above address). Application deadline is 2 weeks prior to the first intensive training weekend. September 1st, 2024. It is highly recommended that you register early as space is limited to 12 trainees. Applicants will be contacted via phone regarding their acceptance into Tammy Zee’s Yoga Teacher Training.

**ADVANCED STANDING**

Tammy Zee’s Yoga Teacher Training does not accept any advance standing for previous training from other yoga schools.

**REGISTRATION INFORMATION**

**CONTACT PERSON**: Tammy Zee

1288 Rudy Street, Onalaska WI. 54650

Call: 608-386-1217

Email: [dztz@acegroup.cc](mailto:dztz@acegroup.cc)

FACEBOOK: Private message to ~ Tammy Z’s Yoga Studio

\*Please contact Tammy Zee before filling out the application.

To register for Tammy Z’s 200 hour Yoga Teacher Training applicants may go to [www.tammyzyoga.com](http://www.tammyzyoga.com) to register -OR- Mail registration form and check to Tammy Z’s Yoga Studio.

**NON-DISCRIMINATION POLICY**

Tammy Zee’s 200 Hour Yoga Teacher Training is an equal opportunity school and does not discriminate on the basis of national or ethnic background, gender, age, marital status, physical ability, race, sex, or religion.

If a trainee discriminates against another trainee or instructor, they will be released from Tammy Zee’s Yoga Teacher Training immediately.

**ATTENDANCE**

\*Attendance at training sessions/intensives is mandatory.

\*Attendance will be taken and recorded at each yoga teacher training session.

\*Trainees are given one late pass of 15 minutes, but after that each time a trainee is late, they will be need to make up a full hour and pay an additional fee as stated below.

\*Although highly rare, if an emergency arises or the trainee has a planned absence, they will need to make up the time lost time or day in a timely manner by scheduling a one-on-one appointment with the lead trainer, Tammy Zee. All make up sessions will be held at Tammy Zee’s Yoga Studio and trainees will pay an additional $150 for one day missed or an additional $300 for two days missed or $25 per hour. This fee is in addition to the tuition that they already paid when registering.

**TARDINESS**

It is highly recommended that all trainees arrive 10 – 15 minutes prior to start time. Trainees who arrive after the official start time will be considered tardy. Anything later than 15 minutes late will be considered an hour late. If more than 15 minutes late even if it’s the first infraction will be have to make up one hour. Every time someone is late they must make up the time lost at a later date with the lead trainer at an added extra fee of $25/hour.

**UNEXCUSED ABSENCE / NO SHOWS**

If a trainee does not attend a weekend training and fails to contact the lead trainer, Tammy Zee, prior to the absence, they will put on probation. Second, the trainee will need to meet with Tammy Zee to go over the probation and attendance procedures. The trainee will also need to follow the make - up policies and complete the make-up within 2 months of the absence. The trainee will also be informed of dismissal from Tammy Zee’s 200 hour Yoga Teacher Training program if a second unexcused absence occurs and the trainee fails a second time to contact Tammy Zee prior to the absence. The refund policy will apply for this situation.

**CANCELLATIONS AND REFUNDS**

If a trainee withdrawals within 3 business days after registering or being accepted into the program they will receive a full 100% refund within ten business days.

Withdrawal before the start of training 100% refund

Withdrawal after first weekend 90% refund

Withdrawal after completing two weekends (4 days) 80% refund

Withdrawal after completing three weekends (6 days) 70% refund

Withdrawal after completing four weekends (8 days) 60% refund

Withdrawal after completing five weekends (10 days) 50% refund

Withdrawal after completing six weekends (12days) 40% refund

***Trainees who drop out the program after participating in trainings will be refunded their money in a timely matter ~ 30 days after withdrawing, depending on the above table of completion.***

***\*If a trainee decides to withdrawal after completing six weekends or 60% of Tammy Z’s Yoga Teacher Training there is NO refund!!***

***\*If a trainee is dismissed from Tammy Zee’s 300 hour Yoga Teacher Training program, that trainee will receive a refund only for the portion of the tuition fee not used.***

**LEAVE of ABSENCE**

There is NO leave of absence for Tammy Zee’s 200 hour Yoga Teacher Training program. If a trainee decides to quit the training program and rejoin at a later date, the refund policy will apply to this trainee. The trainee will be refunded the unused tuition. In the future, if the trainee decides to pursue Tammy Zee’s Yoga Teacher Training program again, that trainee will start anew and will need to go through the entire registration and application process again and will pay the full training fee.

**GRADES / RECORDS**

Tammy Zee’s 200 Hour Yoga Teacher Training’s grading system is based on Pass/Fail. Trainee’s grades, records, and progress reports will be tracked and logged via electronically and written in a grade book. These grades, records, and progress reports will be kept on file for six years. All trainees are required to keep their own records or copies of all their assignments and projects. A trainee’s certificate of completion will be kept on file indefinitely, however if a trainee needs an additional certificate or duplicate there is an adding charge of $25. All grades, records and progress reports are strictly confidential with Tammy Zee only.

**ACEDEMIC REQUIREMENTS & EVALUATION PROGRESS**

\* Completion of 200 hours.

\* Monthly assignments: 9 completed and graded. This includes evaluating other yoga instructors, summarizing and critiquing yoga topics, and video tape yourself leading one 15 minute class, one 30 minute class, one 45 minute class and one 60 minute class.

\* 10 Written tests will be given in total. Each weekend will have a written exam.

\* Midterm Exam completed and graded.

\* Journal: 3 times per week each month throughout training regarding 200 hour yoga journey/experience.

\* 10 Practical Exams completed at each weekend training: Evaluated and graded.

\* Midterm Practical Exam completed and graded.

\* Final Research Project: Yoga topic has to be checked by lead trainer. 8-10 pages double spaced typed, allowing only a page or two of photos. Final project presentation: Present project information in front of classmates. Time frame of presentation: 15 minutes minimum and 20 minutes maximum.

\* Comprehensive Written Final Exam completed and graded.

\* Comprehensive Practical Exam complete and graded.

\* Trainees will meet each month with lead trainer, Tammy Zee to go over all assignments, practical exams, journal entries, and written exams and the trainee’s progress.

\*All assignments and tests are graded on a Pass /Fail basis.

\*Trainees must receive a Pass on all assignments and exams. If a trainee does not receive a passing grade, they will retake the exams or redo the assignments. If additional time beyond the 300 hour timeline is needed for this, the trainee will pay an addition $25/hour.

\*Trainees must pass all assignments and exams both written and practical as well as demonstrate a professional attitude, follow the code of conduct and code of ethics policies throughout the training. If a trainee fails and does not correct his or her work to obtain a passing grade, they will not graduate. Trainees must resubmit assignments within one month of the final 300 hour weekend. Trainees may be dismissed from the school of yoga if they do not turn in passing work or fail to resubmit assignments one month after the last 200 hour weekend.

**CERTIFICATION**

Trainees who complete the 200 hour yoga teacher training, assignments, projects and requirements will receive a certificate of completion from Tammy Z’s 200 Hour Yoga Teacher Training and then qualify to register with Yoga Alliance. Yoga Alliance is a separate organization, in which the trainee would apply and register at their leisure.

**STUDENT CODE OF CONDUCT**

All yoga trainees are expected to follow the code of conduct rules and policies that are outlined in the EAB catalog. Please see Code of Ethics section for more details on behavior expectations. All yoga trainees will be expected to be professional, respectable, responsible, kind, caring, and patient. All trainees are expected to complete and turn in all assignments on time. If a trainee does not complete the assignments or consistently turns assignments in late, they will be put on warned and put on probation. If a trainee does not turn assignments they will not graduate from Tammy Zee’s 200 Hour Yoga Teacher Training. Trainees will refrain from using illegal drugs, smoking, or alcohol during the weekend yoga trainings. If a trainee commits a crime or breaks the code of conduct rules such as illegal drug usage, alcohol usage during training hours, or comes to a training intoxicated or causes physical harm to another trainee or trainer within the training, or theft, that trainee will be dismissed immediately and will not be allowed back into Tammy Zee’s 200 hour Yoga Teacher Training program. Trainees who are dismissed from the yoga program will receive the remaining tuition refund of the weekends not attended. Trainees who disrupt the learning process, such as excessive tardiness, abusive language, disrespects property, harasses other trainees or trainers, slanders a trainee via speaking or written communication, or touches someone inappropriately, that trainee will be given a written warning and put on probation by the lead trainer. If a second offense occurs the trainee will be dismissed from Tammy Zee’s 200 hour Yoga Teacher Training program and will not be allowed back into the program.

**EMPLOYMENT ASSISTANCE**

Tammy Zee’s Yoga Studio does not offer employment services to yoga trainees. Within the yoga training, the business of yoga will be covered.

**PROBATION, DISMISSAL & RE-ADMITTANCE**

Trainees who commit a crime such as: illegal drug usage, alcohol usage during training hours, or comes to a training intoxicated or causes physical harm to another trainee or trainer, or is caught stealing (theft), will be dismissed immediately from Tammy Zee’s 200 hour Yoga Teacher Training program. Trainees who are dismissed will receive a refund for the remaining hours not attended and will not be allowed back into Tammy Zee’s 200 Hour Yoga Teacher Training.Trainees who are not abiding by the code of conduct rules (see code of conduct statement) will be warned the first time along with a written warning. If a trainee has a second offense, they will be dismissed from Tammy Z’s 200 Hour Yoga Teacher Training program by Tammy Zee. Refunds will be given for the time/days remaining of the training to those who are dismissed.

A trainee who was dismissed from the program due to behavior but did not commit an illegal crime, can re-apply to the program after 6 months, but may not be accepted back into the program. Students who do not complete their assignments, projects, or turn in work that needs improvement, or have classroom hours to make up will be put on probation until the assignments are corrected and re-admitted for a grade. Trainees will have 2 months to complete and readmit assignments, projects, or make up missed class hours. The only exception to the probation policy, are those trainees who are taking the yoga training as an audit not for a certificate.

**STUDENT COMPLAINTS**

If a trainee has a complaint or issue about another trainee, teacher or about the program, they should address the complaint to the lead trainer. If the complaint cannot be resolved by the lead trainer, the trainee may contact the Wisconsin Education Approval Board at: 608-266-1996 or email: [www.eab.wisconsin.gov](http://www.eab.wisconsin.gov) or write to: 901 West Washington Avenue, Madison, Wisconsin, 53703.

**TUITION AND FEES:**

**Tuition**

Tuition can be paid online at [www.tammyzyoga.com](http://www.tammyzyoga.com) or mail a check to Tammy Z’s Yoga School (see admissions).

***Tuition for paid in full 200 hours:* If paid in full by September 1st 2024 prior to start the date the rate is $2500. If paid after September 1st, 2024 and before September 14th the rate is $2700. If paying in full on the first day of training the fee is $2900.**

IF a payment plan is used: Two installments of $1300. First payment made a week prior to first training and the remaining $1300 is due at the fifth month mark, January 2025.

*Tuition for 20 hours/one weekend is* $270/weekend training. Trainees using this method of payment will pay on day of training. There will be 10 payments over a 10 month period totaling $2700.

College Students fee: $2300 if paid in full by September 1st,, 2024. If paying between September 4th and 17th the rate is $2500. If paying in full the day of first training, September 1st, 2024 the fee is $2700. If students chose to make 2 payments: the first payment is due two weeks prior to the start date $1200 and then on the fifth month of training January 2025 the second payment of $1200 is due. Students can also pay monthly which is $250 each weekend training. There are 10 weekend trainings.

Tammy Z’s 200 Hour Yoga Teacher Training does not offer financial aid.

**Missed Sessions**

Trainees who miss a training session weekend will make up the hours lost with the lead trainer at an additional cost to the regular tuition of $25/hour. If you know ahead of time that you will be missing a training weekend, please contact Tammy Zee immediately in advance prior to registering for the program to make arrangements to make up the missed training session.

**Tutoring/Mentoring**

IF a trainee feels they need extra training to better understand a subject, they may schedule an appointment to meet privately with the lead trainer at an additional cost of $25/hour.

**Assignments and Final Projects**

All assignments are due one month after the last weekend training session at no extra fee. However, if a trainee goes beyond the one month period will be charged a late fee of $100. Assignments or final projects turned in after one month of the last weekend training session will be charged $200. No assignments will be accepted after the two month late period and trainees will not graduate from the program.

**Required Books:** *Books can be purchased in local bookstores or online. The books are an additional cost separate from the registration fee. The fee range for all five books, depending on where your purchase them is $70-$100.*

Yoga as Medicine,by Timothy Mc Call, M.D. $21

The Yamas & Niyamas: Exploring Yoga’s Ethical Practice by Deborah Adele. $12.95

Chakra Balancing, by Anodea Judith. $15

The Spirit of Moving Into Stillness, by Erich Schiffmann. $14.

Science of Yoga: by Ann Swanson: FREE

Yoga as Medicine: by Timothy McCall, M.D.$21.

The Book of Ayurveda: by Judith H. Morrison: $17.99

**Recommended Books** (Optional): To enhance your learning experience.

Relax & Renew, by Judith Lasater, PhD., P.T. $21.95

The Subtle Body, by Cyndi Dale $39.95

The Yoga Sutras of Patanjali, by Sri Swami Satchidananda. $17.95

The Living Gita, by Sri Swami Satchidananda. $17.95

Power Yoga, by Beryl Bender Birch. $16

Mudras; Yoga in Your Hands, by Gertrud Hirschi. $14.95

I Can’t Believe it’s Yoga for Kids, by Lisa Trivell. $16.95

YogaKids, by Marsha Wenig. $7.88

Business of Yoga by: Amy Ippoliti & Tara Smith, PhD.

Ashtanga Yoga, by John Scott. $18.95

*\*Books can be purchased online or in local bookstores stores.*

\*Students will be responsible to bring with them at each training: a notebook, folder, pens, pencils, highlighters, Anatomy of Yoga book, snacks, and extra clothing if need be.

\*Tammy Zee will provide a 3- Ring Binders for notes and handouts. Tammy Zee will provide a journal book for all trainees to record their yoga journey/experience throughout the 200 hour training.

**SAMPLE SCHEDULE FOR WEEKEND INTENSIVE**

Tammy Zee’s 200 Hour Yoga Teacher Training meets on Saturdays and Sundays from 8:00 A.M. until 6:00 P.M. both days. Trainees should arrive 10 -15 minutes early to get settled. A sample of subjects covered during a weekend training: anatomy and physiology, sun salutation and pose breakdown, learning how to safely adjust, yoga history and philosophy and the business of yoga.

7:45 A.M. ~ Arrive and get settled

8:00 A. M. ~ Welcome/Introductions/Announcements/Turn in Assignments/Questions

8:15 A.M. ~ Yoga Practice

9:30 A.M. ~ BREAK

9:45 A.M. ~ Upper Extremity Anatomy & Physiology

11:00 A.M. ~ Pose Breakdown

12:30 P.M. ~LUNCH

1:00 P.M. ~ History and Philosophy of Yoga

3:00 P. M. ~ BREAK

3:15 P.M. ~ Anatomy of Respiratory System

4:00 P.M. ~ Pranayama Lecture

4:45 P.M. ~ Practical: Pranayama, Surya Namaskar, and Asanas

5:45 P.M. ~ Homework assignments and closure

6:00 P.M. ~ Dismissed

**CALENDAR 2024/2025 WEEKEND OUTLINE**

*\*Each training weekend will include both a written and practical exam. \*Each training weekend will have practical practice and evaluations by peers and lead yoga teacher.*

**September 14/15:** Yoga Training Objectives & Goals, History & Philosophy of Yoga, Anatomy & Physiology Terms, The Respiratory System & Pranayama Breathing, Definitions, & Function, Guidelines for Teaching Yoga, Asana Analysis, Hatha Yoga Practice, Sun Salutations lecture and breakdown.

**October 12/13:** Anatomy & Physiology, Asana Adjustments, Contraindications & Special Populations, Asana Analysis, Yoga Sutras, Pre-Natal Yoga Lecture & Practice, Hatha Lecture & Practice. Presentation Skills, Counter Posing.

**November 2/3:** Anatomy & Physiology: The 13 Systems, Ribcage, Sternum, & Vertebrae.

**December 14/15**: Anatomy of Upper Extremity & Origin & Insertions, Power Yoga Lecture and Practical, Personality Traits, Asana Analysis, Partner Yoga Lecture & Practice.

**January 18/19: MIDTERMS: Written & Practical,** Anatomy of Lower Extremity & Origin & Insertion, Core Anatomy, Chakras Lecture & Practice, Kid’s Yoga Lecture & Practice.

**February 1/2 :** Indian Sanskrit, Asana Analysis, Senior Yoga Lecture & Practice, Meditation Lecture & Practice.

**February 15/16:** Anatomy Trains, Mudra Lecture & Practice, Savasana Adjustments, & Asana Analysis.

**March 22/23:** Business of Yoga, Restorative Yoga Lecture & Practice, Review for Finals, Asana Analysis, Hot Yoga Lecture & Practical.

**April 12/13: Review for Finals, Business of Yoga and Ayurveda**

**May 3/4 : FINALS: Written, Practical & Project Presentations**!

**Tammy Zee’s 200 Hour Yoga Teacher Training Application**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State:\_\_\_\_\_\_\_\_\_\_\_\_Zip:\_\_\_\_\_\_

Phone Numbers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Person \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Education Background: Include Degrees.

High School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Graduation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

College: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Graduation\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Degrees achieved: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Professional Background / Employment: Name of business, occupation, and dates of employment

Yoga Experience and Background: School or Program, Dates Attended:

Are you registered with Yoga Alliance? Yes or No \_\_\_\_\_\_\_\_\_If yes, date of joining\_\_\_\_\_\_\_\_\_\_\_

What level: 200 hour\_\_\_\_ 500 \_\_\_\_hour Other\_\_\_\_

Yoga Practice Experience: Style of yoga and dates.

Yoga Teaching Experience: Style of yoga taught and dates.

1. Letter of recommendation: Please mail one letter of recommendation to Tammy Zee’s 200 Hour Yoga Teacher Training.
2. Personal Reference: List two people with their phone numbers that I can call for a background check.
3. Write a letter why you want to take this 200 Hour Yoga Teacher Training. What do you hope to learn from this training? What are your goals? Please mail to: Tammy Zee’s 200 Hour Yoga Teacher Training.

**HEALTH HISTORY**

Please list any injuries or surgeries that you may have/had that I would need to be aware of.

Please list any medication that you are currently using that I would need to know about.

**CODE OF ETHICS** Trainees who enroll in Tammy Zee’s 200 Hour Yoga Teacher Training will conduct themselves in a professional manner. Tammy Zee’s 200 Hour Yoga Teacher Training will provide a professional and safe learning environment for the trainees. As a trainee of Tammy Zee’s 200 Hour Yoga Teacher Training, I agree to abide by the policies set forth to the best of my ability**.**

* I will avoid physical harm or harassment to others.
* I will abide by the Niyama’s and Yama’s of the Yoga Sutras.
* I will conduct myself in a respectful and professional manner at all times during Tammy Zee’s 200 Hour Yoga Teacher Training.
* I will not use illegal drugs or alcohol during yoga trainings.
* I will respect others and their property.
* I will stay within my scope of practice.
* I will abide by all the local, state, and national laws.
* I will avoid hurtful words of harassment or gossip.
* I will create a safe and professional learning environment for my students when I am leading a yoga class.
* I will respect the copyrights laws.
* I will respect the trademark laws.
* I will respect fellow trainees and yoga teachers within Tammy Zee’s 200 Hour Yoga Teacher Training.

**I (print first & last name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_fully understand and will abide by the policies, code of conduct, and code of ethics rules set by Tammy Zee and Tammy Zee’s 200 Hour Yoga Teacher Training.**

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**ACADEMIC REQUIREMENTS & EVALUATION OF PROGRESS**

Trainees must complete all 200 hours of Tammy Zee’s 200 Hour Yoga Teacher Training.

Trainees will complete all assignments and take home assignments given at each training session, such as writing reaction papers to assigned readings, evaluating other yoga instructors, designing a safe and effective yoga class, and small videos of themselves leading various poses or leading yoga class. If a trainee does not complete the assignments on time more than once, they will be given a warning and if it happens a second time they will be put on probation. *If the trainee does not complete the assignments or 200 hours, they will not graduate from Tammy Zee’s 200 Hour Yoga Teacher Training.*

Trainees will complete all quizzes/test given at each Weekend Intensive Training.

Trainees will journal 3-4 times per week regarding their yoga journey/experience.

Trainees will complete all Practical Exams given at each Weekend Intensive Training.

Trainees will complete a Comprehensive Written Final Exam.

Trainees will complete a Final Research Paper.

Trainees will give a Presentation on their findings of their Final Research Paper.

Trainees will complete a Comprehensive Practical Final Exam, which includes leading a 60 minute yoga class encompassing everything learned within the 200 hour training.

All assignments both written and practical, quizzes, exams and presentations will be graded as Pass/Fail. Written recommendations and comments will be given on all assignments, projects and exams.

All trainees will meet once per month face to face with the lead trainer, Tammy Zee, to go over their progress.

**Tamara J. Zee, M.S., E-500 RYT**

224 Red Apple Drive, La Crescent, Minnesota 5547

608-386-1217 / Email: [dztz@acegroup.cc](mailto:dztz@acegroup.cc)  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**OBJECTIVE:***To lead a yoga school that meets the state and Yoga Alliance standards that will help give a student the knowledge and skills needed to become a successful and safe 200 Hour Yoga Teacher in the community.*

**EXPERIENCE:**

**\*Owner/Instructor of Tammy Zee’s Yoga Studio;** 432 Cass Street, La Crosse, Wisconsin 54601.

1999 ~ Present.

**\*200 Hour Registered Yoga Teacher from Feel Your Best Yoga,** 2009 ~ Present.

**\*500 Hour Registered Yoga Teacher from YOGAFIT** 2017.

**\* Certified by the International Association of Yoga Therapists**

**\*Accredited Yoga Teacher through Yoga Alliance,** 2012 ~ Present.

**\*Accredited Yoga School through Yoga Alliance,** 2014 ~ Present.

**\*Group Fitness Director at the University of Wisconsin La Crosse;** 1601 Badger Street, La Crosse, Wisconsin 54601. 1990- Present.

**\*Wellness Today Instructor at Western Technical College;** 407 7th Street North, La Crosse, Wisconsin 54601. 2012 ~ Present

**\*Exercise Presenter for the American Aerobic Association International /International Sports Medicine Association;** P.O. Box 663,New Hope, Pennsylvania 18938. 1998 ~ Present**.**

**\*Exercise Presenter for the University of Wisconsin – La Crosse Rec Sports and American Council on Exercise Collaboration;** 2011 ~ Present.

**\*Fitness Director of Valley View Fitness & Racquet Club;** County Highway B Onalaska, Wisconsin 54650. 1989 ~ 2002.

**\*Exercise Sport Science Teacher at the University of Wisconsin – La Crosse;** La Crosse, Wisconsin 54601. 1990 ~ 2008.

**EDUCATION**

**Masters**: Exercise Sport Science – Human Performance

University of Wisconsin – La Crosse. Graduated May 1995

**Bachelor of Science:** Parks, Recreation & Administration

University of Wisconsin – La Crosse: La Crosse, Wisconsin 54601. Graduated May 1990.

**High School:** Prairie Senior High School

Prairie du Chien, Wisconsin 53821. Graduated May 1982.

**REFERNCES**

**Susan White**

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1601 Badger Street, L a Crosse WI. 54601. 608-785-6529

**Maureen Mc Alpine**

Associate Director University of Wisconsin Recreational Eagle Center

1601 Badger Street, La Crosse WI. 54601. 608-785-8698